

UC-VEG

Umpqua Community Veg Education Group

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Seasoned Beans

2 carrots, diced

3 stalks celery, diced

1 smallish onion, diced

2 cloves garlic, diced

1 lb. dry beans (rinsed and soaked overnight)

5 cups water

Optional-vegetable broth or bullion (1-2 cubes)

Add in the following seasoning to your taste: Bay leaves (3-4), epazote (1 tsp dried), cumin (2 tsp), salt (1 Tbl), kombu (3-5" strip broken up), pepper (2 tsp), cayenne (1 tsp)...etc.

Instructions

Begin cooking veggies on saute in (you can use this feature in an instant pot) using water or vegetable broth. When the veggies have softened, add in washed beans and water.

For Instapot: Remember to close vent and push "beans." After it beeps, wait another 15 minutes as the pressure will have released naturally.

For a regular pot: Bring to a boil and then turn down to a low simmer for 1.5 hours. Check beans. They should be soft and squish easily between your fingers.

Bon Appetit!